

**AMENDMENTS TO THE SPECIFICATION**

**IN THE SPECIFICATION:**

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Please amend the paragraph beginning on line 8 through line 16 as follows:

The numerical aperture NA1 is known; data representing the numerical aperture NA1 are prestored in a non-volatile memory comprising ROM, for example, in the central controller 250. Data representing the numerical aperture NA2 of the objective lens 150, the wavelength  ~~$\lambda 2$~~  of the laser beam, and the constant E have also been stored in the non-volatile memory in the central controller 250; these data are read and used for the calculation according to formula (2).

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Please amend the paragraph beginning on line 3 through line 11 as follows:

The experiments from which the results in FIGs. 6 to 8 ~~9~~ were obtained were conducted under the following conditions. The numerical aperture NA1 of the objective lens in the recording conditions under which the recommended write strategy parameters were recorded on the optical disk 160 was 0.60, the numerical aperture NA2 of the objective lens 150 of the optical recording and reproducing apparatus 100 used in the experiments was 0.64, and the wavelength  $\lambda 2$  of the semiconductor laser 110 was 657 nm.

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Please amend the paragraph beginning on line 15 through line 18 as follows:

The invention is not limited to the above values, however; it is thought that satisfactory results can be obtained by setting the above constant  $\overline{D+D_i}$  to a value in the vicinity of 0.03, for example.

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Please amend the paragraph beginning on line 4 through line 7 as follows:

The triangular marks indicate the reproducing jitter when recording was performed using the optimized ~~recommended~~ write strategy parameters adjusted so as to obtain optimal reproducing jitter for each optical disk.